

Hamilton Area YMCA – Group Exercise Class Schedule 1/4 – 2/28

Locations: S1– Studio 1 / S2– Studio 2 / DS– Dance Studio / SMB– Spirit Mind Body Center / HLC– Healthy Living Center

Group Exercise Class Descriptions

BOKWA

Dance the Digits while you Sweat the Alphabet! Come see what everyone is talking about around the Y! Meant for people with two left feet, so no experience is required.

Cardio Craze

Bored on the treadmill or elliptical? Come to Cardio Craze to achieve your 60min cardio workout while improving your endurance and stamina. This exhilarating class will push yourself to the limit by incorporating intervals of cardio, plyometrics, and body-weight strength exercises.

Circuit Training

An exciting mix of a cardio warm up, followed by resistance training, weight training, agility training, stability balls, stretching, and a variety of moves making this class the fastest and most challenging hour of your day.

Cycle & Sculpt

30 min of group cycle and 30 minutes of muscle conditioning.

Dance & Tone

A fun cardio class that focuses on cardio routines mixed with Jazz, Ballet, Hip Hop, Swing etc. Toning all areas while gracefully dancing. Emphasis on cardio the first 40 minutes followed by toning the last 15 minutes.

Group Cycle

Using indoor cycles and fun, motivating music, instructors will lead you through an excellent cardio workout.

Hard Core

Full 30 minutes of core-shaping movements to get that six pack you always wanted. Members will improve muscular strength in their upper and lower abdominals as well as the lower back. Class is appropriate for all fitness levels. *Are you Hard Core?*

Hatha Yoga

In Hatha Yoga you will improve flexibility, strength, posture, and mental concentration, relieve stress and focus the mind through the use of asanas (poses), pranayama (breathing techniques), meditative techniques including visualizations, and deep relaxation (savasana).

H.I.I.T.

High Intensity Interval Training (HIIT) incorporates cardio with strength training moves back to back. The circuits can be modified to your ability level and each class varies between boot camp circuits, cardio kickboxing, and tabata training for a total body workout!

Kick & Sculpt

Strengthen your whole body with this exhilarating, stress-relieving class. In this class we will use kickboxing bags and resistance training to achieve a cardio and toning workout! It is recommended that participants bring their own gloves and/or hand wraps.

Line Dancing

Get up, have fun, and move to the beat! Line Dancing is for beginners, intermediate, and advanced dancers who would like to learn line dancing moves and grooves! Come check out why Doug earned the nickname “XMan” as one of the best instructors in NJ!

Muscle Mix

Muscle Mix is a total body muscle conditioning class that utilizes dumbbells, bands, and more to work all your major muscle groups.

Mat Pilates

Work your abs and core using Windsor pilates traditional moves. Develop functional strength that will not only enhance your waistline but aid you in performing everyday tasks.

Mat Pilates (Intermediate)

For those familiar with Fundamental and Intermediate level Pilates exercises. Fast moving workout.

Pilates & Stretch

A little less pilates and a little more stretch. For beginners and the experienced. A good break between the Tuesday and Thursday mat classes.

POUND

A full-body cardio jam session that combines easy to follow cardio moves with strength training and drumming. Burns 400-900+ calories per session!

Updated 1/4/16

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Power Yoga

This is a rigorous and athletic class not for first time students. It combines asanas and pranayamas in a format designed to create strength and flexibility. You will need to have knowledge of basic yoga postures although variations of asanas will be presented.

Step

This class is an excellent total body workout. In one hour you will have fun learning basic cardio routines on the step as well as targeting key areas of your body with resistance training.

Stretch & Flex

A great way relax and increase your flexibility. We stretch all major muscles standing, sitting, supine, and prone.

Total Body Ball

A total body muscle conditioning class where we use the large rubber stability ball to get a total body workout.

Tone Zone

Tone Zone is a total body muscle conditioning class that will get you toned and “in the zone” to kick start your New Year Resolution!

Total Body Conditioning

Get a total body muscle conditioning workout like never before using dumbbells, bands, steps, body bars and more!

Vinyasa Yoga

Vinyasa is a slow flowing class, moving you slowly from one pose to the next concentrating on strength and balance.

willpower & Grace

A formatted fusion of postures and drills, this workout is as philosophical as it is physical; a full-body functional workout meets sports psychology. We integrate the smartest and safest barefoot training methods to strengthen your feet and lower chain, while conditioning the entire body and yielding a high caloric burn. This unique workout appeals to “morning moms”, sports athletes, and teens, but must be experienced to be understood.

Yoga – Grace Moves, Back Care, Gentle

These classes are designed for specific training. **Grace Moves** will help participants soothe themselves with poses, breath work and scripture, honoring your body as a sacred temple. All faiths welcome.

Yin Yoga

Yin yoga is a practice working with energy meridians in the body, relaxing muscles while stretching fascia (connective tissue) that lines the body. Yin Yoga allows us to move deeper into stillness of body and mind. Postures are held longer, working up to 5 minutes while focusing on yogic breathing. Because of the longer holds, class may not be recommended for brand new students and those with chronic conditions such as knee and hip issues

YOUTH Yoga

Youth ages 6-12 years are welcome to learn the basics of Yoga in a fun, interactive environment. All fitness levels/experience welcome!

ZUMBA

A Latin-inspired, easy-to-follow, calorie-burning, feel-it-to-the-core fitness party!

ZUMBA Toning

A Latin inspired dance fitness class with extra emphasis on toning and sculpting. Lightweight maraca-like toning sticks are used to enhance your sense of rhythm and coordination, while toning target zones, including arms, core and lower body.

Aquatics:

Water Aerobics

This high intensity cardio workout will improve flexibility, muscular strength, body toning, and shaping. Class is geared toward individuals who have been exercising regularly.

Water Fitness

This class combines cardiovascular work and muscle conditioning. Participants of all levels are welcome.

Deep Water Fitness

This non-weight-bearing exercise program is designed to tone and shape muscles and increase cardio fitness. A great class for people with arthritis, sports injuries, or joint replacements.

Aqua Zumba

All the Zumba, no impact! Come enjoy dancing and swimming Zumba in the pool. The pool is a great place for members who need low impact classes!

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